



PRESCHOOL/YOUTH

KINDERTOTS

Age 2 ½ to 3

A pre Kinderdance program designed to develop gross motor skills, movement creativity, physical development and body awareness while learning numbers, colors, shapes and songs.

Recommended dress for girls includes leotard and tights; for boys t-shirts and shorts. Children that cannot be a cooperating member of class may be asked to discontinue until they are older. Parents may stay for the last class of the session.

January 10 - February 28

303370 A1 - W - 11:00 a.m. – 11:45 a.m.

303370 B1 - W - 9:15 a.m. – 10:00 a.m.

Fee: R \$72/ NR \$90 – Eight classes

KINDERTOTS MOMMY AND ME

Age 2

Parents are active participants in this class. A pre Kinderdance program designed to develop gross motor skills, movement creativity, physical development and body awareness while learning numbers, colors, shapes and songs. Recommended dress for girls includes leotard and tights; for boys t-shirts and shorts. Children that cannot be a cooperating member of the class may be asked to discontinue until they are older.

January 10 - February 28

303371 A1 - W - 10:15 a.m. - 10:45 a.m.

Fee: R \$64 / NR \$80 – Eight classes

CHILDREN'S DANCE

These classes can help improve coordination and agility. In ballet children learn basic ballet positions and movements aiding coordination, balance, perception and flexibility. Classes progress in floor work and bar exercises depending on the level of children's abilities. Soft-soled ballet slippers are needed for the appropriate class. Please label all equipment with the child's name and telephone number. Children who cannot be a cooperating member of the class may be asked to discontinue until they are older. Parents may observe the last day of class.

BALLET 3

January 9 - February 27

308100 A1 - T- 3:00 p.m. - 3:45 p.m.

January 6 - February 24

308100 E1 - S - 10:00 a.m. - 10:45 a.m.

BALLET 3 AND 4

January 10 - February 28

308100 D1 - W - 4:00 p.m. - 4:45 p.m.

BALLET 4

January 9 - February 27

308100 C1 - T- 4:00 p.m. - 4:45 p.m.

BALLET 4 AND 5

January 6 - February 24

308100 F1 - S - 11:00 a.m. - 11:45 a.m.

BALLET 5-7

January 10 - February 28

318100 A1 - W - 5:00 p.m. - 5:45 p.m.

Fee: R \$72 / NR \$90 – Eight classes

INDOOR TENNIS EVERYONE?

Location: Vienna Community Center Gymnasium

Looking for an affordable way to improve your tennis this winter? In their supportive, fun, and friendly style, USPTA certified instructors Gregg Deinhart and Stephan Schlagenhauff will teach the fundamentals of tennis in a gym setting. Co-owners of the FirstServe Tennis Academy (FSTA), Gregg and Stephan provide year round instruction for the Town of Vienna tennis program. The indoor program is a great way to keep skills sharp or to get a head start on next spring. Adult, youth and tot classes will be offered.

Contact FirstServe Tennis Academy for advice on purchasing an appropriate racket.

FirstServe Tennis Academy 571-217-1684 / 703-867-1970

info@tenniseveryone.net

www.tenniseveryone.net

Even if you have never played before, haven't picked up a racket in years, or are hampered by a pesky problem that keeps you from improving, you are just a few hours of FSTA instruction away from developing a lifelong love of tennis.

TOT TENNIS CLASSES

Ages: 4-6

January 8 – February 12 (no class January 15)

304040 A1 - M - 1:00 p.m. - 1:45 p.m.

304040 B1 - M - 2:00 p.m. - 2:45 p.m.

Fee: R \$99 / NR \$114 – Five classes



GYMNASTICS PARENTS PLEASE NOTE:

*Due to the large number of parents and siblings watching the gymnastics classes we are requesting that parents only attend the first and last day of class.

*Birth Certificate verification is needed for all first time students in the 3 and up gymnastic program.

*In all classes students should wear tight fitting clothes and either gymnastic shoes or be prepared to go barefoot.

*During class we ask parents of students to wait in the back lobby for their children.

GYMNASTICS FOR PARENT/CHILD

Ages: 2 ½ and 3

A time for mom or dad and tot to spend time together while learning something new. This is an open gym experience with instructor supervision. Tots will use the balance beam, uneven bars, and tumbling mats. Parents will guide their child through each class. Only one child per parent or adult. Children not registered for the class may not accompany their parent to class.

January 4 - March 15 (No class February 22)

304060 A1 - TH - 1:00 p.m. - 1:45 p.m.

Fee: R \$40 / NR \$50 - Ten classes

GYMNASTICS FOR 3 YEAR OLDS

Age 3

Preschoolers will be introduced to basic skills on the uneven bars balance beam, vault and floor. The class will emphasize balance and coordination as well as group cooperation. Participants must be three, able to separate from parent and be a cooperating member of class.

January 4 - March 15 (No class February 22)

304062 A1 - TH - 2:00 p.m. - 2:45 p.m.

Fee: R \$32 / NR \$40 - Ten classes

TUMBLES AND TWISTS

Ages 3 and 4

This fun filled program gives tots the chance to use their imagination to the fullest through creative movement, interactive songs, tumbling and stretching exercises designed to help them understand the movement abilities of their bodies.

January 2 - March 6

304061 A1 - T - 2:00 p.m. - 2:45 p.m.

304061 B1 - T - 1:00 p.m. - 1:45 p.m.

Fee: R \$40 / NR \$50 - Ten classes

GYMNASTICS FOR YOUNG BEGINNERS

Age 4 and 5

This once a week class is a great choice for those children just starting out or continuing from our three year old programs. Children will receive instruction on balance beam, uneven bars, vault, and floor. Children must be a minimum of 4 years old, able to separate from parent and be a cooperating member of the class.

January 4 - March 15 (No class February 22)

314060 A1 - TH - 3:00 p.m. - 3:45 p.m.

January 2 - March 6

314060 B1 - T - 3:00 p.m. - 3:45 p.m.

Fee: R \$40 / NR \$50 - Ten classes

MINI TUMBLERS

Ages 3 - 5

This class focuses on beginning tumbling skills. While having fun children will learn body awareness through stretching exercises, animal walks and tumbling skills. Children need to be able to separate from their parent and be a cooperating member of class.

January 22 - March 19 (No class February 19)

Age 3

304062 B1 - M - 10:45 a.m. - 11:30 a.m.

Age 4-5

314060 C1 - M - 9:45 a.m. - 10:30 a.m.

Fee: R \$32 / NR \$40 - Eight classes

GYMNASTICS

Children will receive instruction on the uneven bars, balance beam, vault and floor. Class also includes flexibility and strength building moves. Classes are for all ability levels: beginner through advanced. Children progress through the program based on individual ability levels. Boys and girls are grouped primarily by ability level and age.

January 2 - March 13 (No class February 22)

AGE 5 - 13

314061 A1 - T/TH - 4:00 p.m. - 5:00 p.m.

314061 B1 - T/TH - 5:00 p.m. - 6:00 p.m.

AGE 6 - 13

314062 A1 - T/TH - 6:00 p.m. - 7:00 p.m.

Fee: R \$100 / NR \$125 - Twenty classes

GYMNASTICS ADVANCED INSTRUCTOR WRITTEN APPROVAL REQUIRED

Ages 7 and up

This class will have a student/teacher ratio of 4 to 1 and geared toward year around students. Students will improve on and add to skills already learned as well as work on routines, dance, flexibility, and strength. An instructor will approach the parent when a child is ready for this class. Registration without a written letter from the instructor attached will not be accepted. Participants need to be registered for the 6:00 p.m. class as well.

January 9 - February 27

314063 A1 - T - 7:00 p.m. - 8:00 p.m.

January 11 - March 22 (No class January 18, 25, and February 22)

314063 B1 - TH - 7:00 p.m. - 8:00 p.m.

Fee: R \$72 / NR \$90 - Eight classes